

April 2013



**NEWSLETTER
FOR SENIORS**

WARREN / HAMILTON
COUNTIES
OFFICE FOR THE AGING
1340 State Rte 9
Lake George, N.Y.
(518) 761-6347 PHONE
DIRECTOR— CHRISTIE SABO
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Find the words about the month of April, which are listed at the bottom of this page, in the April Word Search grid. The words could be backwards, forwards, up, down, or written diagonally. Circle the letters individually but many letters in the grid may be used in more than one April word. **When the April Word Search puzzle is complete, read the uncircled letters from left to right, top to bottom, to read a fact about April.**

April Word Search Puzzle

T S N I G E B L L A B E S A B
 D H E W N A M E O F T H E P M
 O I Y A D I R F D O O G N H T
 H A A R P R I L M A Y A A R H
 T A D M H T N O M H T R U O F
 A V S I O E C O M E I B M D F
 U R L N O N M A Y E P O H I G
 R R O G O D D F S S O R I T N
 U T O U E T L H E L I D N E I
 S A F P M O E O B F T A H R T
 E G L S W E E T P E A Y D E N
 R E I E E K G O D D E S S T A
 B I R D S M I G R A T E O S L
 F S P R I N G R E V O S S A P
 L P A L M S U N D A Y O V E E

APHRODITE
 APRIL FOOL'S DAY
 ARBOR DAY
 ARIES
 BASEBALL BEGINS
 BIRDS MIGRATE
 BLOOM
 DAISY
 DIAMOND
 EASTER

FLOWERS
 FOURTH MONTH
 GOOD FRIDAY
 PALM SUNDAY
 PASSOVER
 PLANTING
 SPRING
 SWEET PEA
 TAURUS
 WARMING UP

April Fool's History

Though pranksters and joke-lovers in many countries dupe their friends and loved ones on April Fools' Day, no one knows exactly when or why, or even where, this tradition began.

A giddy spurt of practical joking seems to have coincided with the coming of spring since the time of the Ancient Romans and Celts, who celebrated a festival of mischief-making. The first mentions of an All Fools' Day (as it was formerly called) came in Europe in the Middle Ages.

Some trace April Fools' Day back to Roman mythology, particularly the story of Ceres, goddess of the harvest, and her daughter, Proserpina.

Pluto, god of the dead, abducted Proserpina and took her to live with him in the underworld. The girl called out to her mother, but Ceres could only hear the echo of her daughter's voice and searched for her in vain.

Such "fool's errands," or wild goose chases, became a popular practical joke in Europe in later centuries.

The most widespread theory of the origin of April Fools' Day is the switch from the old Julian to the Gregorian calendar (now in use) in the late 16th century. Under the Julian calendar, the New Year was celebrated during the week between March 25 and April 1, but under the Gregorian calendar, it was moved to Jan. 1. Those who were not notified of the change, or stubbornly kept to the old tradition, were often mocked and had jokes played on them on or around the old New Year.

But the theory can't explain why the pranking tradition spread to other countries in Europe that did not adopt the Gregorian calendar until later.



The Greater Glens Falls Senior Citizens Center
 Located at: 380 Glen Street, Glens Falls, NY 12801
 Phone 793-2189 E-Mail: agreaterglensf@nycap.rr.com
 Celebrating over 50 years of Service to our Senior Community
 Something for everyone No Residency Requirements.....
 Rene Clements, Executive Director/ Shiela Satterlee, Assist. Director
 Lauren Tompkins, Outreach Specialist/ Joan Counter, Admin. Assistant
[htt://www.greaterglensfallsseniorcenter.com](http://www.greaterglensfallsseniorcenter.com)

NEW MEMBERS WELCOME

NEED NOT BE MEMBER TO PARTICIPATE IN ANY OF THE ACTIVITIES/or TRIPS

SOME OF THIS MONTH'S HIGHLIGHTS

Mon-4/1	Good Books Club- <i>"The Forgotten Garden"</i> by Kate Morton	1:00 p.m.
Tues-4/2	"My Story My Life" –Answer a lot of interesting questions-Cost \$5	1:00 p.m.
Wed-4/3	EPIC-drop in for information	10:00/1:00
Wed-4/3	Special Bingo-drop in for fun/refreshments	1:15 p.m.
Mon-4/18	One Stroke Painting Class-all material included-Cost: \$15	12:30 p.m.
Tues-4/9	Rose Bowl New Year's Trip information	1:00 p.m.
Wed-4/10	Golf League Meeting	1:00 p.m.
Wed-4/10	Singing group gathers	2:00 p.m.
Mon-4/15	Feeder Canal Alliance program	1:00 p.m.
Tues-4/16	Basket Raffle drawing party	1:00 p.m.
Wed-4/17	Defensive Driving Class	9 a.m.-5 p.m.
Mon-4/22	Michigan Rummy	1:00 p.m.
Tues-4/23	Decorate for Victorian Tea	1:00 p.m.
Wed-4/24	Victorian Tea	1:30 p.m.
Mon-4/29	Movie/Popcorn- <i>"Argo"</i> starring Ben Affleck and John Goodman	1:00 p.m.
Monday- Friday	Thrift Shop/new items all the time	10 a.m.-12 p.m.
Every Tues	Bingo in AM/Program in PM-Transportation provided	10:30 a.m.
Every Thursday	Chair Yoga- with Toby-Free- Sponsored by MVP	10:30- 11:30 a.m.
Mon-Thurs.	Osteo exercise program- Monday-Thursday-Sponsored by RSVP	9-10:30 a.m.
Every Friday	Tai Chi Class-Cost: \$6	9:00 a.m.-10:00 a.m.-Cost: \$6

Ongoing activities at a glance:

Lunch Bunch/Monthly Luncheons/Osteo Busters Exercise Classes/Tai Chi Class/Blood Pressure/Sugar Clinics/ Good Books Club/ Computer Classes/ performing line dancing/ beginning line dancing/Walking Club/Woodshop/Bowling/Crafts/Duplicate Bridge/Cards/Bingo & Much More.

BASKET RAFFLE-54ON DISPLAY DAILY MON-FRI, 9-4/DRAWING APRIL 16, 1:00 P.M.

AARP-FREE TAX ASSISTANCE-CALL FOR AN APPOINTMENT

**Call Center for pricing and information on the upcoming trips and events!
 Don't be lonely- come and participate in "YOUR SENIOR CENTER".
 TRANSPORTATION TO CENTER AVAILABLE- 24 HOURS NOTICE**

Interested in Joining and receiving more information:

Name: _____

Address: _____ Phone: _____

Dietary Fiber – More Tips & Tricks

Fiber protects you from heart disease, cancer, and digestive problems and, depending on the type of fiber; it lowers cholesterol, helps with weight control, and regulates blood sugar.

In order to get the full benefits of fiber, we need to consume at least 25 - 35 grams a day from a variety of sources.

Here's how to sneak a little extra fiber into your daily diet:



1. Eat cereal every day for breakfast. Reach for a whole grain, unsweetened cereal with at least **4 grams of fiber a serving**. Mix your regular cereal with the good stuff. Just 1/3 cup of All Bran packs 8.5 grams of fiber. Mix it with an equal amount of Apple Cinnamon Cheerios and you'll barely know it's there.
2. Make a yogurt mix once a week for breakfast. Take one container of yogurt and mix in 1/3 cup high fiber cereal, 1 tablespoon ground flaxseeds, and 5 large, diced strawberries for 12.2 grams of fiber, nearly half your daily allowance.
3. Snack on baby carrots and broccoli 3 days a week. You'll not only fill up the empty afternoon void in your stomach, but you'll also get about **5 grams of fiber** in each cup of veggies.
4. Keep a container of nutritious treats in your car and office. Mix together peanuts, raisins, a high-fiber cereal like All-Bran, and some chocolate covered soy nuts. When you get the munchies, grab a handful for a sweet, yet high-fiber, snack.
5. Two apples every day will keep the doctor away – and the weight off. Because apples are a good source of pectin, a soluble fiber that contributes to a feeling of fullness and digests slowly, they will leave you feeling satisfied for up to four hours.
6. Add kidney beans or chickpeas to your next salad. Just a quarter cup adds an additional 5 grams of dietary fiber.
7. The first ingredient in whole grain products should have the word "whole" in it, as in "whole wheat," or "whole grain." If it says multi-grain, seven-grain, nutra-grain, cracked wheat, stone-ground wheat, or enriched wheat, it's not whole wheat, and does not pack some of the vitamins and minerals, not to mention fiber, found in whole grains.

Curb your cravings with these healthy, high-fiber recipes.

High-fiber foods, like whole grains, vegetables, legumes and beans, are digested more slowly, keeping you fuller for longer. Curb your cravings with these satisfying, high fiber recipes - they have at least 5 grams of fiber per serving.

Mini Shepherd's Pies



In Eating Well's take on Shepherd's Pie, we replace the potato topping with convenient, delicious frozen squash puree.

4 servings | **Active Time:** 30 minutes | **Total Time:** 40 minutes

Ingredients

- 2 teaspoons extra-virgin olive oil
- 1/2 cup chopped onion
- 12 ounces 93%-lean ground beef
- 2 tablespoons all-purpose flour
- 1 tablespoon tomato paste
- 1 cup reduced-sodium beef broth
- 6 ounces baby spinach, chopped
- 3/4 teaspoon salt, divided
- 1/2 teaspoon garlic powder, divided
- 2 12-ounce packages frozen winter squash puree, thawed
- 1/3 cup finely shredded Parmesan cheese

Preparation

1. Position rack in upper third of oven; preheat broiler.
2. Heat oil in a large skillet over medium-high heat. Add onion and cook, stirring, until beginning to soften, about 2 minutes. Reduce heat to medium, stir in beef, flour and tomato paste, and cook, stirring, until the beef is mostly browned, about 3 minutes. Add broth, scraping up any browned bits with a wooden spoon. Bring to a boil and cook, stirring occasionally, until the broth is the consistency of thick gravy, about 4 minutes. Stir in spinach, 1/4 teaspoon salt and 1/4 teaspoon garlic powder; cook until the spinach is just wilted, about 1 minute. Remove from the heat.
3. Place squash in a fine-mesh sieve and gently press on it to extract excess liquid. Transfer to a bowl. Stir in the remaining 1/2 teaspoon salt and 1/4 teaspoon garlic powder. Divide the meat mixture among four 10-ounce broiler-safe ramekins. Top each with about 1/2 cup of the squash. Place the ramekins on a baking sheet.
4. Broil until heated through and bubbling around the edges, about 10 minutes. Sprinkle with cheese and broil until it is just melted, about 3 minutes more.

Nutrition Per serving : 310 Calories; 13 g Fat; 5 g Sat; 70 mg Cholesterol; 26 g Carbohydrates; 29 g Protein; 5 g Fiber; 708 mg Sodium; 421 mg Potassium **Exchanges:** 1 starch, 1 vegetable, 2 lean meat, 1/2 fat

From EatingWell:

Tex-Mex Taco Salad



This version of the chain-restaurant favorite has fresh flavors and a healthy nutritional profile. Vary the heat by varying the type of salsa you use. Baked corn tortilla chips and lime wedges are natural accompaniments.

2 servings | **Active Time:** 30 minutes | **Total Time:** 30 minutes

Ingredients

- 1/2 cup prepared salsa
- 2 tablespoons reduced-fat sour cream
- 1/2 teaspoon canola oil
- 1 small onion, chopped
- 2 cloves garlic, minced
- 8 ounces lean ground beef or turkey
- 1 large plum tomato, diced
- 1/2 cup canned kidney beans, rinsed (see Tips for Two)
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1/8 teaspoon salt, or to taste
- 2 tablespoons chopped fresh cilantro
- 4 cups shredded romaine lettuce
- 1/4 cup shredded sharp Cheddar cheese

Preparation

1. Combine salsa and sour cream in a large bowl.
2. Heat oil in a medium nonstick skillet over medium heat. Add onion and garlic and cook, stirring often, until softened, 1 to 2 minutes. Add beef (or turkey) and cook, stirring often, until cooked through, 3 to 5 minutes. Add tomato, beans, cumin, chili powder and salt; cook, stirring, until the tomato begins to break down, about 2 minutes. Remove from the heat, stir in cilantro and 2 tablespoons of the salsa mixture.
3. Add lettuce to the remaining salsa mixture and toss to coat. Divide the lettuce between 2 plates, top with the cooked meat and sprinkle with cheese.

Nutrition; Per serving : 343 Calories; 13 g Fat; 5 g Sat; 81 mg Cholesterol; 26 g Carbohydrates; 32 g Protein; 8 g Fiber; 851 mg Sodium; 737 mg Potassium **Exchanges:** 1 starch, 2 vegetable, 4 lean meat

*Catherine Keating RD CDN
Warren/Hamilton Co.'s OFA
Adopted From: EatingWell Serves Two*

DID YOU KNOW...?

 More than 1 billion Easter eggs are hunted in the United States each year in parks, back yards and on the White House lawn.

 Americans spend 2 billion dollars on Easter candy, and eat 7.1 billion pounds of Easter candy each year!

 Most children (74%) eat the ears of their chocolate bunny first. 13% eat the feet first, and 10% eat the tails first.

 60 million chocolate bunnies are sold each Easter.

 The most popular Easter candy is chocolate eggs.

 The most popular Easter candy, after chocolate, is marshmallow peeps. 600 million are sold each year!

 The most favorite jellybean flavor is cherry (20%), followed by strawberry (12%), grape (10%), lime (7%), and blueberry (6%).

 118 million Easter cards will be exchanged this year.

 Easter eggs are the most popular symbol on Hallmark Easter cards.

Be Prepared

Emergencies can present additional challenges for seniors.



Plan ahead & you will protect yourself in any emergency

- **Keep copies of vital family records and documents in a safe location**
- **Post Emergency Phone Numbers (including primary care physician) near your phones & carry in your wallet**
- **Carry a list of medications (including medication strengths, frequency, and prescription numbers) in wallet**
- **Plan alternative locations for your pets or service animals**
- **Have a Disaster Supplies Kit - assemble enough supplies (including medications and provisions for physical limitations) to last for at least three days, and keep it packed and ready to go.**
- **Carry family contact information in your wallet, including an out-of-town contact person.**

QSC Trip Schedule for 2013



Fri. March 15th - Turning Stone Casino with Irish Rovers 3pm
Performance – Seats still available. Sign up now!

Wed. April 17th - Vermont Maple Sugaring & French Culinary Experience. Visit the New England Maple Museum in Pittsford VT to learn about Vermont maple sugaring industry. Then we are on to Brandon VT, for French culinary demonstration lunch at Café Provence followed by the opportunity to visit several shops including a bakery, wine shop, kitchen store and artists guild. **Cost \$59 Deadline: Friday March 22nd.**

Sun. May 5th “Les Miserables” at Proctors Theater, Show & Transportation. Sold out. Wait List Only!

Sat. May 11th - Wed. May 22nd – Alaska. Sold Out. Wait list only!

Wed. June 12th - Little Falls & the Erie Canal – Learn about the quaint town of Little Falls from Mayor Bob Peters as he boards our bus for a guided tour. You will have the opportunity to visit some local shops and an antique center. An elegant lunch will follow at the Canal Side Inn. After lunch, enjoy a 90 minute cruise on the Erie Canal with Lil’ Diamond Cruises. **Cost \$73 Deadline: Friday May 10th.**

Tues. June 18th – 21st Newport Rhode Island with White Star Tours. 3 Nights /4 Days. Highlights include: Tour of Block Island, tours of two guided-age mansions, Newport Harbor cruise, and visit to the Brick Marketplace.

***See Melissa for itinerary & information. Cost \$499 pp dbl, \$629 single (plus \$10 gratuity collected upon departure) \$50 Deposit due with reservation. Balance due: Friday April 26th.**

Wed. July 17th – Auburn & the Finger Lakes – Luncheon cruise on Lake Skaneateles followed by a fascinating Lincoln tour at the Seward House (Seward served as NY Senator, Governor and Secretary of State during the Lincoln & Johnson administrations). Just down the road tour Harriet Tubman’s Home & Visitor Center to learn about the Underground Railroad. End the day with a stop at Izzo’s Winery. **Cost \$82 Deadline: Friday June 14th.**

Fri. Aug. 16th – Performance of “42nd Street” at Seagle Music Colony with lunch at Witherbee’s Carriage House in Schroon Lake. Included is a visit to the Adirondack Buffalo Company in North Hudson NY. “A lil’ bit of the Wild West” in the Adirondacks. **Cost \$72 Deadline: Friday July 12th.**

Thurs. Sept. 12th – Tour Cedar Grove (Home Of Hudson River Painter, Thomas Cole) in Catskill NY and enjoy a local scenic tour in the Hudson Valley region with several stops along the way. Cocktail reception and hot Lunch at the Glen Falls (no “s”) House in Round Top NY **Cost \$69 Deadline: Friday Aug. 9th.**

Mon. Sept. 16th – 20th St. Michaels and Maryland’s Eastern Shore with White Star Tours. 5 days/ 4 nights. Includes: Chesapeake Maritime Museum, walking tour in Annapolis, National Aquarium at Baltimore’s Inner Harbor, Miles River cruise and much more. *See Melissa for itinerary & information.

Cost \$635 pp dbl, \$845 single (plus \$12 gratuity due upon departure) \$50 deposit due with reservation. Balance due Friday July 26th.

Thurs. Oct. 10th Bennington VT – Step on guide with tour of historic sites, a visit to Bennington Potters, Lunch at the Publyk House and a matinee performance at Old Castle Theater of Sherlock Holmes – Knights Gambit. Visit the Apple Barn & Country Bake Shop for goodies to take home. **Cost \$74 Deadline: Friday Sept. 6th.**

Sat. Nov. 9th- 17th Costa Rica – 9 days with Collette Vacations, 14 meals (8 breakfasts , 6 dinners) Highlights include San Jose, coffee plantation, Guanacaste, Monteverde cloud forest, hanging bridges, Arenal volcano, **(OVER).....**

Lake Arenal cruise, cooking demonstration, Cano Negro refuge, Zarcero and National Theater.
Airfare included from JFK.

*** Informational Meeting: Wed. April 10th at 1:30pm. *See Melissa for itinerary & information.**

Cost \$1899 double, \$2399 single (transportation to and from JFK, gratuities, exit fee and trip insurance additional)

Mon. Nov. 25th "Christmas Spectacular". Luncheon show with the Latshaw Pops Orchestra performing at the Hilton Garden Inn of Troy NY and shopping at the Colony Center (Christmas Tree Shop) on the way down.

Cost \$71 Deadline: Friday Oct. 18th

FYI

- **All trips leave from the Queensbury Center.**
- **Please park as far away from the building as possible to allow others easy access to the Queensbury Center while we are away.**
- **You will receive a phone call several days prior to the trip with exact times for departure. Prior to that, we can give you an approximate.**
- **Make checks payable to: Queensbury Senior Citizens and drop off or mail to 742 Bay Rd. Queensbury, N.Y. 12804.**
- **To sign up by credit card or for information see Melissa or call 745-4439.**
We accept Visa Master Card or Discover.
- **We ask each traveler to fill out a health card which we keep on file for future trips.**
Please pick up your name tag and fill out health card before boarding bus.
- **If you have any special needs or dietary restrictions please let Melissa know in advance.**
There are no assigned seats on the bus except for special circumstances.
- **Trip insurance is available and recommended for multi-day trips.**
- **If you have to cancel a day trip we do our best to return any unused portion of your trip cost or substitute someone from our wait list. Sometimes we are unable (particularly within 30 days of departure) to make refunds due to payments already required from vendors.**
- **You do not have to be a member of Queensbury Senior Citizens to participate although we would be happy to have you join our very active organization!**

Looking forward to a fun and adventurous travel season ahead!

Tell all your friends & come join us!

FAMOUS APRIL BIRTHDAYS!



3rd Eddie Murphy-Famous Actor

7th Jackie Chan – Combined martial arts and comedy in “Rush Hour” movies.



15th Leonardo da Vinci – Brilliant Renaissance scientist and painter of the Mona Lisa.

29th Jerry Seinfeld – TV Guide rated his sitcom the best show ever



30th Burt Young – Known as Paulie, pushy brother-in-law of “Rocky”

April This Day In History

1st April : April Fools Joke about growing spaghetti crops in Switzerland 1957

2nd April : Argentina invades Falklands 1982

3rd April : Martin Luther King Jr. delivered his "mountaintop" speech 1968

4th April : Glen Miller Records "Moonlight Serenade." 1939

12th April : First Space Shuttle Columbia Launched 1981

13th April : Tornado Iowa City 2006

14th April : Titanic

16th April : Virginia Tech Shooting 2007

19th April : Oklahoma Bombing 1995

20th April : Columbine High School Shooting 1999

22nd April : Oklahoma Land Rush 1889

25th April : Elvis Presley "Heartbreak Hotel" 1956

30th April : Video about the Diary Of Anne Frank Published in 1952



Village Green Health Fair

THURSDAY, APRIL 4, 2013

HELD IN THE COMMUNITY ROOM FROM 1:00-4:00 PM



COME TO OUR FIRST ANNUAL HEALTH FAIR FOR INFORMATION, ACTIVITIES AND HEALTH TOPICS FOR EVERYONE.....

- **REPRESENTATIVES FROM WARREN COUNTY N.Y. PUBLIC HEALTH WILL PRESENT PROGRAMS ON A VARIETY OF HEALTH TOPICS**
- **WARREN COUNTY OFFICE FOR THE AGING NY CONNECTS WILL BE HERE WITH BENEFICIAL INFORMATION FOR OUR SENIORS**
- **WE WILL HAVE A REPRESENTATIVE FROM UNITED HEALTHCARE WITH INFORMATION ON CHILD HEALTH PLUS AND FAMILY HEALTH PLUS**
- **CORNELL COOPERATIVE EXTENSION EAT SMART PROGRAM**

**ACTIVITIES
GIVEAWAYS
SCREENINGS
PRESENTATIONS
INFORMATION
AND HEALTHY
SNACKS**

- **STARS AND THE WARREN COUNTY CARE CENTER WILL HAVE INTERACTIVE GAMES AND PRIZES FOR KIDS; ALSO HEALTHY RELATIONSHIPS, CHILD SAFETY AND PARENTING INFORMATION**
- **COMMUNITY GARDEN INFO AND SIGN-UPS**
- **AND MORE!**



******FOR MORE INFORMATION PLEASE CALL 792-6771, EXT.304**

Volunteer Birthdays!!

Nancy Wilson 3rd

Evelyn Casella - 6th

Gail Simone 4th

Bernice Mennis - 7th

off the mark by Mark Parisi
www.offthemark.com



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Free Printable Sudoku Puzzles

Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

Sudoku #059 (Easy)

4			3	2			1	
	7	3			4	5		
	1		8		6	7		4
	8	6			2		4	
	3	7		4	9	1		
5		4	7					6
			1			4		
	5						8	2
6		8			5			

Sudoku #060 (Easy)

5	8			6	9		2	1
6			2			3		5
		2		5			9	
7	9		5		4		3	
	1		6					
	4		9	1		6		
	5	1	7				8	
3	2		1	4				
					2			3

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Additional Sudoku puzzles as well as the solution to these two puzzles can be found at the following web page: <http://www.puzzles.ca/sudoku.html>

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April 2013

Warren/Hamilton Counties Office for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
April 1 Eggplant Parmesan Spaghetti/Marinara Sauce Peas & Onions Tropical Fruit Cup	April 2 Cheeseburger Pie California Medley Coleslaw Chilled Pears	April 3 Roast Turkey/Gravy Cranberry Sauce Mashed Potatoes Summer Squash & Zucchini Spice Cake/Topping	April 4 Cold Plate Chicken Salad on Bed of Romaine Lettuce Potato Salad Marinated Veggies Cookie Bar	April 5 Meal Site Closed  Staff Training Day
April 8 CHEF'S CHOICE	April 9 Pork Chops Sweet Potatoes Green Beans Tropical Fruit Cup	April 10 Meatloaf Mashed Potatoes Brussels Sprouts Peach Cobbler	April 11 Stuffed Shells with Marinara Meat Sauce Tossed Salad Scandinavian blend Veggies Fresh Fruit	April 12 Cold Plate Citrus, Turkey, and Spinach Salad Fresh Tomato salad Dinner Roll Birthday Cake
April 15 Salisbury Steak Potato of the Day Broccoli Sliced Pineapple	April 16 Baked Fish Scandia Rice-Veggie Casserole Spinach Mandarin Orange	April 17 Sloppy Joes on a Bun Steamed Carrots Corn Strawberry Shortcake	April 18 Cold Plate Chef Salad –(Turkey/Ham/ Swiss Cheese/ Lettuce) Tomato, Onion and Cucumber Salad Rice Pudding /Topping	April 19 Macaroni & Cheese Stewed Tomatoes Carrot Raisin Salad Fresh Fruit
April 22 BBQ Pork Rib Potato Tots Italian Mix Veggie Tropical Fruit Salad	April 23 Brunch Cheese Omelet Hash Brown Potato Slice of Ham Yogurt Parfait with Fruit & Granola	April 24 Chicken & Stuffing Casserole Long Grain & Wild Rice Scandinavian blend Veggies Cinnamon Coffee Cake	April 25 Veal Parmesan Penne/Marinara Sauce Cauliflower Tossed Salad Apricots	April 26 Cold Plate Sliced Roast Beef Plate with Potato Salad & Coleslaw Sandwich Roll Apple Crisp
April 29 Baked Chicken Tenders with Sauce Oven Roasted Potatoes Tomato & Zucchini Chilled Peaches	April 30 Beef Tomato Florentine with Noodles & Cheese Carrots Mandarin Orange			

All meals served with 1% milk, bread, margarine, **coffee, and tea and juice**. Diabetic desserts are available for those with diabetes.
Menus subject to change. Frozen Dinner Heating Instructions: Oven: 350 degrees for 30-45 min or 160 degree (Loosen aluminum foil top or puncture film seal) Microwave: Plastic Containers only - loosen film seal, heat on high 5-6 minutes. Let stand 2-3 minutes prior to serving. **Caution contents will be hot.**

WARREN COUNTY OFFICE FOR THE AGING
1340 State Rte 9
Lake George , N.Y. 12845



Newsletters now available online at
<http://warrencountyny.gov/ofa/meals.php>

Also can be emailed please call
Kayla @ 824-8824

**“If your local school district is closed due to a snow
day, your meal site is also closed.”**

Staff:

WARREN COUNTY

CINDY ROSS – FISCAL MANAGER
DEBORAH COALTS – COORDINATOR OF NUTRITION SERVICES
CHRIS LITTLE – COORDINATOR OF SERVICES
HARRIET BUNKER – SPECIALIST SERVICES FOR THE AGING
CINDY CABANA – AGING SERVICES ASSISTANT
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KAYLA JARRELL -- COORDINATOR OF VOLUNTEERS / “NEWSLETTER”
CATHERINE KEATING-STAUCH-REGISTERED DIETICIAN/MENU
SUSAN DORNAN – POINT OF ENTRY COORDINATOR FOR NYCONNECTS

CHRISTIE SABO- DIRECTOR

(518) 761-6347 PHONE

Web site- www.warrencountyny.gov/ofa

Meal site Numbers:

Bolton-644-2368; Cedars-832-1705; Chestertown-494-3119
Indian Lake; 648-5412; Johnsbury-251-2711; Lake Luzerne; 696-2200
Lake Pleasant-548-4941; Long Lake-624-5221; Warrensburg-623-2653;
Wells-924-4066

Toll Free Number 1(888)553-4994